

Curriculum map KS2-KS4

PHSE, Sex and Relationships. Health and Wellbeing, Careers and PfA

Lower Primary	
Upper Primary	
Lower Secondary	

	Autumn 1 Health and Wellbeing	Autumn 2 Living in the wider World	Spring 1 Relationships	Spring 2 Health and Wellbeing	Summer1 Relationships	Summer 2 Living in the wider world	Notes
Year 3	Emotional wellbeing: Expressing and managing every day feelings; Seeking support for self or others	Shared responsibilities: Rights and responsibilities; Why we have rules; Responsibility for the local environment; Sustainability; Safety in different environments; Safety at home; PfAL	Friendships: Making and maintaining healthy friendships; Similarities and differences	Physical health: Healthy lifestyles; Physical exercise and its impact on mental wellbeing; *Balanced diets and making choices; Sun safety PfAL	Staying safe: Trusted people and feeling safe; Keeping secrets and when to break confidentiality; Recognising and reporting feeling unsafe	Economic wellbeing: PfAL* Attitudes and ideas about spending, saving and giving money; Wants and needs; Keeping money safe	*Yr 7 Science
Year 4	Staying healthy: PfAL Dental health; Hygiene, germs; Basic first aid; Early signs of illness and seeking help	Communities: What makes a community; Diversity; Freedom of expression; Online communities; Identifying and responding to Prejudice PfAL	Friendships: Managing conflict and repairing friendships; Feeling lonely; Friendship skills, including communicating safely online; Listening and responding; Respecting self and others	Growing and changing: Growing up; Puberty, including periods and wet dreams; Sleep PfAL	Families: Different types of relationships; Characteristics of healthy family relationships; Feeling safe and cared for	Economic wellbeing: PfAL Budgeting; Saving; Spending decisions; How managing money makes us feel; How spending choices affect others Careers-Enterprise project	

Year 5	<p>Substances: Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws</p>	<p>Careers: Career types; challenging career stereotypes; Enterprise project – CROSS-YEAR, GROUP WITH Y7 PfAL</p>	<p>Respect and bullying: Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination</p>	<p>Keeping active: Benefits of a balanced lifestyle; Balancing internet use; How physical activity Mental Health Taking care of mental health</p>	<p>Staying safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety, including FGM</p>	<p>Careers: PfAL Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations</p>	
Year 6	<p>Health and hygiene: PfAL Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; +Vaccination and immunisation</p>	<p>Personal Identity: What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities</p>	<p>Managing change: Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support</p>	<p>Puberty and reproduction: *Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made PfAL</p>	<p>Friendships and staying safe: Opportunities to connect online; The nature of online only friendships; Reporting harmful content and contact; Staying safe online PfAL</p>	<p>Media literacy: PfAL How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling</p>	<p>*KS3 Science menstrual cycle reproduction nutrition +Yr 8 Science Entry Level GCSE</p>

Year 7	Substances: Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use	Careers: PfAL Developing enterprise skills; The world of work and young people’s employment rights; Enterprise project - CROSS-YEAR, GROUP WITH Y5	Relationships: Healthy and positive relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	Relationships: Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to contraception and sexual health.	Economic wellbeing: PfAL Evaluating value for money; including saving, borrowing and budgeting. Debt, fraud and personal values around finance; Financial exploitation	Yr 7 Science – Balanced Diet Healthy lifestyles Drugs Y10 Substances Smoking, Alcohol drug misuse.
Year 8	First aid and keeping safe: PfAL *First aid including CPR and defibrillator use; Personal safety including travel safety	Careers: PfAL Princes Trust project Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence	Discrimination Discrimination in all its forms, including: racism, religious discrimination ,sexism, homophobia, biphobia and transphobia	Mental Health and Well-being Attitudes to mental Health; Digital resilience; Body image; Healthy and unhealthy coping strategies. Seeking support for themselves and others.	Identity and relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Will support cross-curricular learning using resuscitation dolls, pretend defibrillator. Looking at Trans-Kids, discrimination, homophobia etc.
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Careers Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	*Healthy lifestyle PfAL Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Careers Enterprise Project Employability skills Employability and online presence	* Healthy life styles yr 7 science Entry level GCSE

Year 10	Mental health PfAL Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making PfAL The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media Testicular Cancer	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Careers Princes Trust Preparation for and evaluation of work experience and readiness for work In school cross phase work experience	
Year 11	Building for the future PfAL Self-efficacy, stress management, and future opportunities	Careers Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence *Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships		*GCSE science.

*PfAL – Preparation for adult life outcomes help to shape EHC plans .

PfAL outcomes identified are not fixed, teachers can expand the framework and build curriculum experiences that will meet the needs, aspirations and wishes of the young person.

